

The National Suicide Prevention Lifeline is an essential service. As a therapist, I rely on it as a first recommendation for my clients at risk of suicide. Individuals who turn to the Lifeline for help are often scared, confused, or angry. It is vital that those callers be able to reach the Lifeline as quickly and easily as possible. A person calling the Lifeline as a last measure before attempting suicide must not be forced to navigate through phone menus to find the help they are looking for nor have to be transferred by an operator from 211. Those barriers might discourage the caller from staying on the line and therefore from staying alive. A three-digit dial code designated solely for the Lifeline will help to ensure that those at risk will be able to easily receive the help they need.

Sincerely,

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